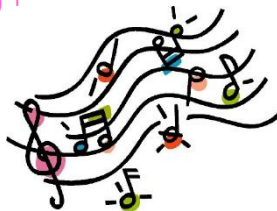


Create your own mindfulness colouring and then enjoy colouring it in.



Listen to some relaxing music. Try a Disney piano playlist [here](#).



Play some board games with your family. It is important to spend time and have fun with the people you love.



Ask an adult if you can go for a walk together. Fresh air and exercise really help to improve your mood!



Speak to an adult about things that may be worrying you. This could be someone at home or your teacher on Google Classroom.

“A PROBLEM SHARED IS A PROBLEM HALVED.”

Mental Wellbeing Activity Grid

Spend some time reading a book for your own enjoyment. Curl up, get cosy and see where the story takes you!



Try some meditation with the help of these [Go Noodle Videos](#).

MINDFULNESS 5-4-3-2-1!

THINK ABOUT:



- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

Create your own glitter jar



1. Find a jar or plastic bottle. Decorate it if you like.
 2. Fill up $\frac{3}{4}$ of the jar/bottle with water. Next add clear glue, food colouring and glitter.
 3. Seal the lid tightly and enjoy watching the glitter glide around.
- Always ask an adult before trying this activity.

Build-a-Skill

This may be something that you have already tried, or it could be something completely new.



This could be the start of an exciting journey! One day you could be a world-famous baker, artist, or computer coder!